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Ss. Cyril and Methodius University  
Faculty of Pedagogy “St. Kliment Ohridski” – Skopje  
Republic of Macedonia

**VI меѓународен балкански конгрес за образование и наука:  
СОВРЕМЕНОТО ОПШТЕСТВО И ОБРАЗОВАНИЕТО**

(Охрид, 29. IX - 1. X 2011г.)  
*Зборник на трудови*

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THE MODERN SOCIETY AND EDUCATION**

(Ohrid, 29. IX - 1. X 2011.)  
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## **OPINIONS FOR TEACHING SUBJECT SPORT AND RECREATION DETERMINED AMONG STUDENTS FROM SEVEN DIFFERENT FACULTIES AT UNIVERSITY “GOCE DELCEV” IN STIP**

### **Abstract**

The main goal of this paper is to determine and analyze student's opinions about educational process of sport and recreation: the most preferred activities, their organization, realization and expected effects. The research was conducted on a sample of subjects— student in the first study year at seven faculties (Faculty of Law, Faculty of Agriculture, Faculty of Computer Science, Faculty of Natural and Technical Sciences, Faculty of Medicine, Faculty of Tourism and Business logistics and Faculty of Technology), at University “Goce Delcev” in Stip, Republic of Macedonia, all included in realization of teaching subject Sport and recreation in the summer semester in academic 2010-11 year. Student's attitudes were examined using closed form of questionnaire, composed from 11 questions. Obtained results give information for future directions and possibilities for corrections and further design of study program for sport and recreation in order to accomplish student's needs and interests.

**Key words:** *questionnaire, first year students, opinions, teaching subject sport and recreation.*

### **Introduction**

Regular physical activity, correct nutrition and healthy lifestyle without use of alcohol, cigarettes, drugs and other substances are the main prediction for healthy life and work efficiency. In every recommendation gave by the World Health Organization it's emphasized the meaning of physical activity in revealing good health. But reality is opposite. Results from many researches emphasize the problem of physical inactivity, obesity and diseases of addiction common in youth. According WHO data, the period of adolescence (15 – 19) and young people (20 – 25) are pointed as a critical periods characterized with significant reduce of physical activities and practicing sports. On the other hand, student's population, which is a subject in our research, according its development characteristics and tendencies, genetically is on its own development pick - physical, intellectual and functional. With aim to continue the trend of regular physical activity in the institutional

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educational system, to stop the trend of reducing physical activity specific for analyzed age period and according Bologna declaration and the credit-transfer system in education and new educational programs on the faculties of the University "Goce Delchev" Stip, Republic of Macedonia, in the school year 2010/2011 is introduced subject Sport and recreation as an obligate subject. Sport and recreation is maintained with number of classes 0+2+2 which means that students attend only practical exercises. This subject is obligate for the full – time students in first year of studies, it doesn't bring any credits. Students do not take an exam for Sport and recreation.

Establishment of this subject is justified especially from the aspect of student's needs and necessity of physical activity. The main goal of Sport and recreation is to accomplish student's needs for movement and physical activity, according their personal abilities, needs and preferences<sup>4</sup>. The main goal of Sport and recreation, determinate at this way is based in student's real needs. Therefore, realization of Sport and recreation activities gives students an opportunity try planed and organized physical activity to indicate certain transformational changes. At this manner students have an opportunity to continue with regular physical activity in order to improve and maintain their motor abilities and physical condition on good level, appropriate for every person, positive transformational changes in all segments of human anthropologic status, to promote active and healthy way of life, to create good habits and prevention of illness caused from contemporary way of life, which is characteristic of students population.

Guided from the idea and desire to ensure more qualitative teaching process that corresponds to student needs and interests, we have realized this research with aim to examine student's opinions and attitudes for Sport and recreation activities, there organization, realization and effects, with a final goal – it's enriching and improvement.

### **Method of work**

Subject of this research are opinions for the activities from Sport and recreation at students that attend this subject. Our aim is to determinate whether they have positive or negative attitude for contents, organization, realization and effects from Sport and recreation activities.

The sample of subjects is conducted from 288 regular (full – time) students on first year of study, that attend Sport and recreation in the summer semester in 2010/2011 study year. Examiners are student at seven different faculties (Faculty of Law, Faculty of Agriculture, Faculty of Computer Science, Faculty of Natural and Technical Sciences, Faculty of Medicine, Faculty of Tourism and Business logistics and Faculty of Technology) at the University "Goce Delchev", Stip. The fulfilling of the questionnaire was anonymous and not obligatory and students participated by their own will.

A questionnaire used in these research, besides general information for subjects (age, sex and faulty) contains 11 questions. Every question has 3-4 offered answers. Exception are the third and the fourth question in which 10 possibilities

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<sup>4</sup> Program for Sport and recreation

were offered, and also the seventh question which contains five sub questions with four offered answers for each one. Questionnaire that was used is modified and adopted version from the questionnaire used in similar research of Šeparović & Užičanin (2009).<sup>5</sup> The questionnaire used in our research contains questions that give information about student's attitudes for establishment of Sport and recreation, effects of its realization about this subject usefulness and acquisitions, preferred contents (contents that student prefer), opinions about the number of lessons, compatibility of terms for sport and recreations with terms at other lectures, the need of additional theoretical lectures and opinions about conditions for realization (sport hall, sports equipment inc).

This research was realized at the end of the summer semester in the study 2010/2011, after realization of sport and recreation classes. Obtained results are analyzed and presented with frequencies (f) and percents (%).

## Results

Student's answers at questions contained in the questionnaire are analyzed separately and for better view, results from each question are given graphically in addition of the text.

The first question relates to student's support of the idea for introducing subject Sport and recreation. Answers of this question have a special meaning because Sport and recreation examined students are the first generation of students from their faculties that realized activities from Sport and recreation and their opinion is importuned in sense of further development of this subject. On our pleasure, the main number of examined students or 74% supports this idea, 22% of examined students support it particularly and only 4% do not support it. From these results we clearly see justification on the decision of introducing the subject Sport and recreation in study programs for the student of University "Goce Delchev" Stip and need to support this activities and Sport and recreation as an integrated part of university curriculums. Positive attitudes toward these types of activities are noticed among students population in other countries examined in other researches in our country and abroad (Kovač, 1984; Gontarjev et al, 2009; Šerapović&Užičanin, 2009), which in general, justifies the idea for organization of physical activity in institutional form in the frames of the educational system.

Student's awareness for the need of compulsory physical activity in institutional educational frames is confirmed with student's answers of the second question: What does Sport and recreation activities means for you? For nearly half of examined students or 49% is an everyday need, for 34% is a possibility for recreation, for 8% it's a component part of the educational process, while for only 5% it's an obligation. Obtained results indicate on students need for recreation and physical activity. Therefore, the reasons for decreasing level of physical activity among students population should be localized in other factors as lack of free time, or lack of material condition for activity. Organization of Sport and recreation as a compulsory subject, with contents and activities with recreate character and

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<sup>5</sup> Šeparović, V., Užičanin, E. (2009) Stavovi studenata Univerziteta ..... "*SPORT I ZDRAVLJE*" Tuzla, 111 – 119.

according students interests, represents a positive impulse toward elimination of factors that contributes to student's physical inactivity.

In relation with contents offered in current program for Sport and recreation, students have very different interests. Most preferred sport activities are basketball and volleyball (22%), follows aerobic (13%), handball (11%) and activities for general physical condition (10%). The least preferred activities among examined students are elementary games (1%), traditional dances and martial arts (3%). Causes for these choices could be found in familiarity of certain activities (aerobic) as well as popularity and numerous information's and knowledge for group sports (basketball, handball and basketball) which is a result of their practice as a part of physical education programs in compulsory education that reflects with familiar technic and way of practicing. On the other hand, activities such as elementary games, traditional dances and martial arts are not or are rarely realized in previous education and are not included in physical education curriculum. Therefore they are unfamiliar for most of the students and they could be hardly motivated to include in there realization. Other explanation for the lack of interest for these activities could be found in the period of their realization. They were realized only once in all semester and mostly as an addition of other contents so they were not enough promoted as a separate activities with its own value and positive impact.

The fourth question in the questionnaire "Which sport would you choose if you have possibility?" is designed with aim to examine student's interests and possibilities to be implemented in current program. From proposed activities, greatest interest is shown for swimming (22%), football (18%) and fitness (16%). According obtained results, students show at least interest for following sports: skiing (2%), athletics (3%) and gymnastic (4%). Swimming, football and fitness are also chosen be students that practiced Sport and recreation in previous winter semester examined in other pervious research (Popeska, Stojanova&Mitevaska, 2010). Results obtained in both researches emphasize the need of build football court, swimming pool and to provide fitness equipment in order to create a material base for integration of students most preferred activities in current program for Sport and recreation

At fifth question "According your opinion, does subject Sport and recreation should be placed on the list of selective subjects?" 62% from examined students share the opinion that Sport and recreation should be placed on the list of selective subjects. Nearly same percent of examinees (19%) have a neutral and negative attitude towards this question. The fact that more than half of examined students have opinion toward this question points out to possibility for extension the list of selective subjects with activities from sport and recreation. This will additionally and intensively effects on forming habits for regular exercise and movement and healthy life style.

According current time table, Sport and recreation activities are realized only once a week with 60 min duration and it's supported by 39% of questioned students, 36% of the students share the opinion that Sport and recreation should be realized twice a week with duration of 45 minutes and according the rest 25% of



examinees Sport and recreation activities should be realized twice a week in duration of 60 minutes, which is twice time more than the current dullness.

Although the current number of lessons of 60 minutes a week is too small in order to cause some transformational changes or changes in body composition and motor abilities, according students opinion is still enough to cause certain positive effects. In this sense the seventh question refers to positive effects from physical activity and it's designed with five subcategories. From the total number of students included in this survey 36% reported that physical activity helps a lot in the process of reducing stress, 53% that helps, 5% of the students doesn't have a clear attitude toward this question, while 6 % have a negative attitude. This is an encouraging conclusion that and indicates that program contents are relaxing and well selected.

A similar ratio is revealed for the issue related to the impact of reducing stress, where 33% of examined students answered that sport and recreation activities helps a lot, 57% that helps, while the remaining 10% of examined students had not noticed such effects.

Asked about the impact of the content of sport and recreation in increasing positive mood, 92% of examined students noticed an improvement in mood during the realization of sport and recreation activities, particularly 47% of examinees answered that helps a lot and 45% that helps in boosting positive mood.

In terms of changes that occurs in physical performance and motor manifestations, 56% of examined students involved in our survey reported that teaching Sports and Recreation helps a lot in improving physical fitness, 40% that helps, while only 4% reported that have not noticed any positive changes in this regard. From the total number of examined students, 51% reported that the contents of Sport and recreation have a positive effect in terms of improvement of concentration. Answers obtained at all fifth categories of the seventh questions indicate the positive effects that students feel after realization of the contents from Sport and recreation regardless of the small amount of weekly representation. This suggests that program contents are properly selected and do not represent an additional burden on students.

The answers to the eighth question that reveals to the desired representation of the subject Sport and Recreation surprisingly positive in the direction of students interest for realization of the contents from Sport and recreation every year of the studies, attitude that is reported by the 50% of examined students. 32% of students included in the survey want to practice sport and recreation only in the first year of study, while 18% of the students want to attend sport and recreation in the first and second year of the study. The answers to this question confirm the student's positive attitude toward the need of regular physical activity and give an opportunity for extension of this subject in other years of study, which will provide a continuum in student's physical activity.

The idea of additional theoretical education for a healthy lifestyle, proper nutrition, etc. realized in the form of theoretical lectures, is not support by 34% examined students, 43% of the students want to have these classes in the existing number of classes, while 23% want have occasional extra lectures in theoretical number of classes. Answers obtained on this question points out students interests

for additional information for healthy lifestyle, but in a manner suitable for students, that will not burden students additionally.

From the total number of 288 examined students, 52% reported a full acceptance existing terms for sport and recreation, 31% of them said they should be better aligned with other lectures while and only 17% reported that existing terms do not suit them. Obtained results are partly expected because terms for Sport and recreation for five of seven faculties involved in the survey were determined students activities at their faculties. Another explanation for students opinions reported toward this question could be found in the concrete hour of realization. In these sense, Sport and recreation activities for some faculties begins in 08.00 am and 09.00 am, while many students also travel every day to their permanent place of living.

On the question that refers to conditions for realization of Sport and recreation, 70% of examined students declare that are totally satisfied, 27% are particular satisfied, while only 3% of examined students expose there disaffection. High percent of satisfied students could be explained with numerous devices and equipment as well as good equipped sport hall, well designed sports places, wardrobes Inc. The small number of students that reported negative opinion toward proposed conditions could be explained disability to practice football in university sports hall, which is explain their dissatisfaction with the inability to play football in the university sports hall, which is the only disadvantage at this sport hall.

### **Conclusion**

For the first time in the study 2010/2011, the subject Sport and recreation is established in teaching programs at the Faculties at the University "GoceDelcev" in Stip. This research was realized with aim to notice student's opinions for this subject and to evaluate their attitudes for its organization, realizations and its effects. The research was realized on a sample of 288 first year students from seven faculties at the University.

The research was realized using closed type questionnaire that consist 11 questions, with aim to estimate student's attitudes for Sport and recreation.

The general picture from questions analyses is that students in general have a positive attitude for teaching process of Sport and recreation, its organization, realization and effects that causes. These points out that Sports and recreation contents are in relation with student's needs and interests, which in other hand, is achievement of the basic aim -accomplishing students' needs for movement and physical activity, in relation with students personal abilities, needs and interests.

The general question analysis indicates that student's answers are manly positive and represents students positive attitude toward Sport and recreation activities. Namely, 74% supports the idea for establishing Sport and recreation; for 49% of examined student's lectures from Sport and recreation are human's everyday need and for 38% of the students it's a possibility for recreation. From contents applied in the current program for Sport and recreation, students mostly prefer basketball and volleyball (22%) and aerobic (13%). From suggested contents that are not included in the current program, students are mostly interested in swimming (22%), fitness (16%), football (18%) and tennis (12%).

Questioned for the placement and realization of Sport and recreation 62% form the examined students reported that Sport and recreation should be placed at the University list of selective subjects, 39 % reported that current number of classes (1x60 min) should be maintained while according 61% of examined students, Sport and recreation should be practice twice a week. Nearly 50 % of examined students want activities from Sport and recreation to be realized in every year of studies. Obtained answers represent student's awareness for importance of physical activity in maintaining healthy lifestyle and awareness for need of movement. The presented opinions correspond with generally positive attitude for effects of realization of Sport and recreation activities.

Students involved in the survey reported divided opinions in questions that refer to additional knowledge for healthy lifestyle through theoretical lectures, or 34% of examined students are against this idea, while according 43% of the examined students additional theoretic lectures should be realized in the existing fond. Certain changes should be made in period for realization and its adjustment with lectures at their faculties. Students in general or 70% of examined students are satisfied with material conditions and sports equipment used in the process of realization of Sport and recreation activities.

In general, obtained results points out that actives from Sport and recreation organized for the first year students from all Faculties at University "Goce Delcev" in Stip, in general cause positive reactions and effects at students. Information received in this survey points out the opportunity to intensify activities from Sport and recreation in terms of number of classes and their attendance in the years of study, as well s possibilities for further improvements, enrichment with contents and activities all these in a sense of greater compatibility with students needs and interests.

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